



# Chronic Diseases in South Carolina

Chronic diseases such as heart disease, cancer, and diabetes are the **leading causes of death and disability** in the United States.<sup>1</sup>



**6 in 10**

Adults in SC have a **chronic disease**.



**4 in 10**

Adults in SC have **two or more chronic diseases**.

**\$3,500,000,000,000**

These chronic conditions account for **over 86%** of our national healthcare cost or **\$3.5 trillion** in annual health care costs.<sup>1</sup>

## MAJOR CHRONIC DISEASES IN SOUTH CAROLINA

**Seven in 10** leading causes of death in 2018 were due to chronic diseases, totaling **31,812 deaths** or 63% of all South Carolina deaths.<sup>2</sup>

71% of Medicare-enrolled persons aged 65 years and older have **2 or more chronic diseases**.<sup>3</sup>



### Heart Disease and Stroke

Heart disease, stroke, and other cardiovascular diseases were the leading causes of death and caused **14,244 deaths** in South Carolina or 28% of all deaths.<sup>2</sup>

Heart disease accounted for **4,942 premature deaths** in 2018.<sup>2</sup> Premature deaths are deaths that occur before a person reaches the expected age of 75 years.

Heart disease accounted for **54,448 hospitalizations** in South Carolina, with total hospitalization charges of more than **\$4.1 billion**.<sup>4</sup>

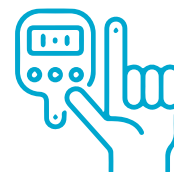


### Cancer

Cancer accounted for **10,360 deaths** in 2018.<sup>2</sup>

Cancer accounted for **6,222 premature deaths**.<sup>2</sup>

Females in South Carolina had the **6th highest incidence rate** for all cancers in the United States.<sup>5</sup>



### Diabetes

In 2018, South Carolina had the **8th highest percent** of adult population with diabetes in the United States.<sup>6</sup>

Non-Hispanic Black adults had **more than two times** higher death rate compared to non-Hispanic Whites.<sup>2</sup>

Diabetes accounted for **963 premature deaths** in 2018.<sup>2</sup>

# RISK FACTORS

Modifying three risk factors – **poor diet, lack of physical activity, and smoking** – can prevent 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer.<sup>7</sup>

## KEY LIFESTYLE RISKS FOR CHRONIC DISEASE<sup>6</sup>

### Poor Nutrition

- **10.4% of high school students** did not eat fruit during the 7 days before the survey.<sup>8</sup>
- **12.1% of high school students** did not eat vegetables.<sup>8</sup>
- **40.6% of adults** eat less than one serving of fruit per day.<sup>9</sup>
- **18.1% of adults** eat less than one serving of vegetables per day.<sup>9</sup>



### Lack of Physical Activity

- Only **21.7% of high school students** met the physical activity recommendation of being active for at least 60 minutes every day during the 7 days before the survey.<sup>8</sup>
- **26.7% of adults** are physically inactive.<sup>6</sup>
- Only **18.8% of South Carolina adults** met the recommended amount of both aerobic and muscle strengthening activity.<sup>6</sup>



### Tobacco Use

- **8.8% of high school students** are current smokers.<sup>8</sup>
- **13.1% of high school students** and **5.7% of middle school students** use e-cigarettes.<sup>10</sup>
- **18.0% of adults** are current smokers.<sup>6</sup>

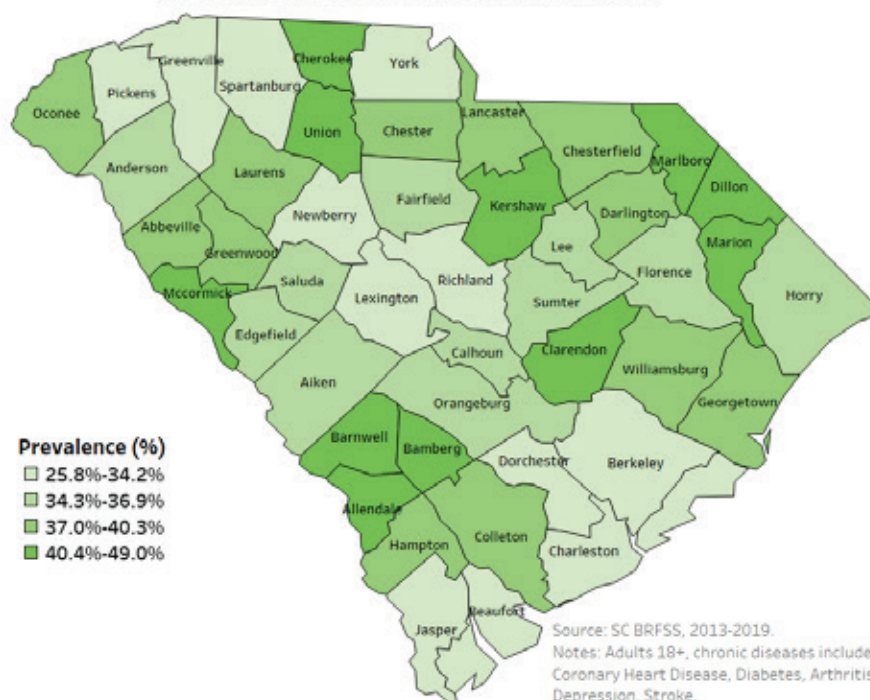


### Excessive Alcohol Use

- **10.4% of high school students** reported current binge drinking.<sup>8</sup>
- **15.1% of adults** reported binge drinking in 2018.<sup>6</sup>



### Prevalence of Two or More Chronic Diseases



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1. Chronic Disease Prevention: The Key to Improving Life and Healthcare, a white paper prepared by NACDD, 2020.

2. SC DHEC Vital Statistics, 2018.

3. CDC Leading Indicators for Chronic Diseases and Risk Factors <https://www.cdc.gov/cdi/>

4. SC Office of RFA Hospital Discharge, 2018.

5. SC DHEC Central Cancer Registry 2017, CDC NPCR US Cancer Statistics, 2016.

6. SC DHEC BRFSS, 2018.

7. CDC, NCCDPHP, About Chronic Disease <https://www.cdc.gov/chronicdisease/about/index.htm>

8. SC DHEC YRBSS, 2017.

9. SC DHEC BRFSS, 2017.

10. SC DHEC YTS, 2017